



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-27-12)

Visit us at www.fns.usda.gov/fdd

100387 – BEANS, SPLIT PEAS, DRY, 25 LB

Nutrition Information

| | |
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| CATEGORY | <ul style="list-style-type: none">Meat/Meat Alternates or Vegetables/Fruits |
| PRODUCT DESCRIPTION | <ul style="list-style-type: none">U.S. No. 1 grade dry split peas of the yellow or green variety. |
| PACK/YIELD | <ul style="list-style-type: none">25 lb bag.One 25 lb bag AP yields about 56¼ cups dry split peas and provides about 577.5 ¼-cup servings cooked, drained split peas OR about 288.7 ½-cup servings cooked, drained split peas.One lb AP yields 1 lb (about 2¼ cups) dry split peas and provides about 23.1 ¼-cup servings cooked, drained split peas OR about 11.5 ½-cup servings cooked, drained split peas.CN Crediting: ¼ cup cooked, drained split peas provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained split peas provides ¼ cup vegetable BUT NOT both components at the same meal. |
| STORAGE | <ul style="list-style-type: none">Store split peas off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold.Store cooked split peas covered and labeled in a dated nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. |

Peas, split, mature seeds, cooked, without salt

| | ¼ cup (49 g) | ½ cup (98 g) |
|---------------|-----------------|-----------------|
| Calories | 58 | 116 |
| Protein | 4.09 g | 8.17 g |
| Carbohydrate | 10.34 g | 20.68 g |
| Dietary Fiber | 4.1 g | 8.1 g |
| Sugars | 1.42 g | 2.84 g |
| Total Fat | 0.19 g | 0.38 g |
| Saturated Fat | 0.03 g | 0.05 g |
| Trans Fat | 0 g | 0 g |
| Cholesterol | 0 mg | 0 mg |
| Iron | 0.63 mg | 1.26 mg |
| Calcium | 7 mg | 14 mg |
| Sodium | 1 mg | 2 mg |
| Magnesium | 18 mg | 35 mg |
| Potassium | 177 mg | 355 mg |
| Vitamin A | 3 IU | 7 IU |
| Vitamin A | 0 RAE | 0 RAE |
| Vitamin C | 0.2 mg | 0.4 mg |
| Vitamin E | 0.01 mg | 0.03 mg |



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| PREPARATION/ COOKING INSTRUCTIONS | <ul style="list-style-type: none">• Sort dry split peas to remove foreign matter.• Cook dry split peas without soaking OR add split peas to boiling water. Boil 2 minutes. Remove from heat and let soak ½ hour.• Use approximately 1¼ qt boiling water for each lb of split peas. Optional, add ½ tsp salt for every lb of split peas. Cook for approximately 20 minutes. Cook split peas in small batches to retain their shape and to avoid mashing. Drain and use in recipes. |
| USES AND TIPS | <ul style="list-style-type: none">• Use cooked split peas in soups, salads, casseroles, entrees, or as meat extenders. Season with butter, herbs, or spices. |
| FOOD SAFETY INFORMATION | <ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or mold before use.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements. |
| BEST IF USED BY GUIDANCE | <ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf. |

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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